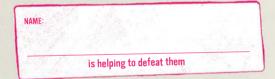
EAT THEM TO DEFERM THEM



DEFEAT THEM ALL!

GET STARTED – stick your chart in a place of pride so everyone can track your progress.

TAKE ON THE YEG – every time you eat any veg, colour in a block on your chart. If you try something new, you can fill in two!

LEVEL UP -at each level choose a reward for your efforts! Like a trip to the park or a sleepover with a friend.

REPEAT - want to keep up the good fight?

Go online to download a new chart at www.vegpower.org.uk.

#EatThemToDefeatThem

